

Lindop School District 92 November 2018 Sunrise Starters Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
				November 1 Scrambled Eggs with Turkey Sausage, Toast* & Mixed Fruit Jelly 100% Juice Fresh Apple or Orange	November 2 French Toast Sticks* with Syrup 100% Juice Fresh Apple or Orange
	November 5 Turkey Sausage & Cheese Breakfast Sandwich* 100% Juice Fresh Apple or Orange	November 6 Strawberry Pineapple Smoothie with Apple Oatmeal Bar* 100% Juice Fresh Apple or Orange	November 7 Cheese Omelet with Toast*, Margarine & Mixed Fruit Jelly 100% Juice Fresh Apple or Orange	November 8 Oatmeal* with Cinnamon 100% Juice Fresh Apple or Orange	November 9 Assorted Cereals* Blueberry Muffin 100% Juice Fresh Apple or Orange
	November 12 NO SCHOOL	November 13 French Toast Sticks* with Syrup 100% Juice Fresh Apple or Orange	November 14 Egg & Cheese on an English Muffin* 100% Juice Fresh Apple or Orange	November 15 Yogurt Parfait with Fruit & Honey Oat Goldfish Cracker* 100% Juice Fresh Apple or Orange	November 16 Breakfast Tortilla* with Scrambled Eggs, Flame-Roasted Peppers, Onions & Salsa 100% Juice Fresh Apple or Orange
	November 19 NO SCHOOL	November 20 NO SCHOOL	November 21 NO SCHOOL	November 22	November 23
	November 26 Assorted Cereals* Yogurt Variety 100% Juice Fresh Apple or Orange	November 27 Canadian Bacon & Egg Croissant* 100% Juice Fresh Apple or Orange	November 28 Yogurt Parfait with Peaches & Honey Oat Goldfish Cracker* 100% Juice Fresh Apple or Orange	November 29 Scrambled Eggs with Turkey Sausage, Toast* & Mixed Fruit Jelly 100% Juice Fresh Apple or Orange	November 30 French Toast Sticks* with Syrup 100% Juice Fresh Apple or Orange

Additional Items Served Every Day:

- Fresh apple or fresh orange
- 100% apple juice and orange juice
- Skim and 1% white milk with no artificial growth hormones or antibiotics

Breakfast Buzz

Each morning, stop by the cafeteria for a brain-boosting breakfast. Did you know that school breakfast provides important nutrients such as vitamins and minerals?



*=Whole-grain item / ^=Item contains pork
Menu subject to change based on availability and quality of food items

Lindop School District 92 November 2018 K-8 LunchSmart Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Spotlight Fruit of the Week: Grapes				November 1 Spaghetti* with Turkey Meatballs, Marinara & Garlic Bread* Broccoli Florets Applesauce	November 2 Grilled Chicken Sandwich* with Lettuce & Tomato Marinated Three-Bean Salad California Blend Veggies Pears
Spotlight Fruit of the Week: Bananas	November 5 Chicken Tenders* with BBQ Dipping Sauce & Breadstick* Broccoli Florets Peaches	November 6 Chicken Soft Tacos on Tortillas* with Garnish Cup & Salsa Baby Carrots Mixed Fruit	November 7 All-American Cheeseburger on a Bun* with Lettuce & Tomato Kettle-Baked Beans Pineapple	November 8 KC BBQ Beef Sandwich* Homemade Cole Slaw Oven-Baked Potato Wedges Snickerdoodle Cookie* Applesauce	November 9 Cheesy Garlic French Bread Pizza* with Lentil Soup Riviera Blend Veggies Pears
Spotlight Fruit of the Week: Fresh Pears	November 12 NO SCHOOL	November 13 Meatball Sub* with Marinara & Mozzarella California Blend Veggies Mixed Fruit	November 14 Chicken Nuggets* with Twisted Garlic Breadstick* & BBQ Dipping Sauce Sliced Carrots Pineapple	November 15 Sliced Turkey with Mashed Potatoes, Gravy & Cranberry Sauce Green Beans Mini Cornbread Loaf* Applesauce	November 16 Homemade Cheese Pizza* Broccoli Florets Pears
Spotlight Fruit of the Week: Grapes	November 19 NO SCHOOL	November 20 NO SCHOOL	November 21 NO SCHOOL	November 22	November 23
Spotlight Fruit of the Week: Bananas	November 26 All-American Cheeseburger on a Bun* with Lettuce & Tomato Roasted Red Potatoes Snickerdoodle Cookie* Peaches	November 27 Chicken & Penne Pasta* with Homemade Alfredo Sauce & Garlic Bread* Capri Blend Veggies Mixed Fruit	November 28 Greek Chicken Breast Brown Rice Dinner Roll Baby Carrots Pineapple	November 29 Build-Your-Own Crunchy Beef Tacos* with Garnish Cup & Salsa Brown Rice* Refried Beans Corn Applesauce	November 30 Toasted American Cheese Sandwich with Tomato Soup California Blend Veggies Cheddar Goldfish Crackers* Pears

Served Each Day:

Salad / Fresh Fruit / Sunbutter & Jelly Sandwich* with Yogurt Skim and 1% White Milk Plus Fat-Free Chocolate Milk

*=Item contains whole grains / ^=Item contains pork / L=Locally sourced / Milk served with lunch contains no artificial growth hormones or antibiotics / Menu is subject to change based on availability and quality of food items

Eating the Rainbow

Scientists say you should eat a plateful of color every day. Consuming a variety of colorful fruits and vegetables helps you stay healthy. An easy way to achieve this goal is to put fruits and vegetables into five color groups: red, orange / yellow, green, blue / purple, and white / brown / tan. Each color category makes a unique contribution to maintaining health and lowering the risk of developing chronic diseases.



In November, we roll into **Kansas City** as we continue our **Culinary Explorations** journey. Even though Kansas City is not directly on Route 66, it is close enough that we can stop for a taste of the city's world famous barbecue. Did you know that UNESCO named Kansas City as a "Creative City of Music," partly because of its jazz heritage? It is the only city in the United States with that designation.

